

# MESSAGES



## Centia Calevoso

Celebrating life is a source to achieve happiness. And that celebrating life is also a natural byproduct of being happy. Celebrating life is waking up every day with a joyful spirit, knowing with a full heart that life is a precious gift and that it can reveal miracles and mysteries onto us moment by moment. The key is in first transpiring celebration - not merely experiencing it or projecting it outwardly - but transpiring it throughout our entire being.

**Centia Calevoso is president of the Alavina Foundation, USA. She is one of the mentors at Tavleen Foundation.**



## Amy Noelle Shih

This is a universal law: When I am able to experience your joy, I'm in mine. Which is to say when I open myself to receive joy, I receive yours. When we open ourselves to receive joy, we are saying yes to life. We are choosing to have a pure relationship with the Now. That is, we do not judge the situation or wish this moment to be anything other than it is. Instead, we enter the moment with full presence and accept what is without trying to project our stories onto reality. We allow each moment to naturally unfold, and we respond to whatever emerges from an as-is place.

**Amy-Noelle Shih is a Relationship Therapist and "inner truth connector" in Houston, Texas.**



## Ishaani Geetam

When you drop the constant negotiations with life, you free your energy to simply "Be"! Open, Curious, Present to LIFE and LOVE! It is LOVE that propels you forward with gusto and pulls you back to your heart. Between the push and pull lies the stillness, where all is effortless and joyous. In here, you are whole, balanced & harmonious, where you don't feel pushed to react to your habitual feelings or thoughts. Yet when you act, it always is from a place of inspired love. Then you know then you have come HOME to yourself, to LOVE that always is!

**Ms Ishaani Geetam is USA based Philaethes, Social Entrepreneur and metaphysician.**



## Muskan Virk

Gratitude is a quality of being thankful and be ready to show appreciation for anything and everything you have at any given moment. Gratitude is simply a good response to life and is a choice that we make. It is simply a choice and also our willingness to what we focus at any given moment. When you have gratitude you feel happy and when you focus on what is missing you don't feel so happy and it by nature we feel ungrateful.

**Muskan Virk is author of book " 365 days of Gratitude. She lives in Vancouver, BC, represented in the Positivity Power Movement as official Canadian ambassador.**



## Lisa Concepcion

True love is love of self and from there we connect to the Divine. When you love yourself, you love God and are then able to love others unconditionally. True love is honouring the other person's journey because you know how to honour your own. It is the real celebration of journey called life.

**Lisa Concepcion is the founder of LoveQuest Coaching. She is Professional life coach who specializes in relationships and self-love, based at New York.**



## McCall Erickson

*Maybe the journey isn't so much about becoming anything. Maybe it's about unbecoming everything that isn't really you so you can be who you were meant to be in the first place.*

**McCall Erickson is a author of 'The second half of the mountain: A guide to personal alchemy after awakening'. She writes on love, beauty and mystery.**